

Iowa WIC Program  
1-800-532-1579



Your child has you. And you have WIC.

*Bureau of Nutrition and Health Promotion*

## *Friday Facts*

*Week ending Issue: December 25, 2009 – Issue # 45*

### ***Policy***

#### **From the WIC Services Policy and Procedure Manual — 310.14 Licensed Practical Nurse Guidelines**

*A WIC licensed practical nurse (LPN) must be licensed in the state of Iowa.*

### ***Information***

#### **January 2010 WIC Contractors Meeting**

*The January 29, 2010 meeting via ICN has been cancelled.*

#### **Formula Issuance Reference Documents**

*The formula issuance for infants and formula issuance for women and children guidance documents were provided for local agency reference for a couple of different purposes. One use is to provide you with information on how much formula a participant may receive each month. Another just as important purpose is to provide information on how much formula can be issued per FI. Each check has a maximum dollar amount that can be cashed at the bank. If the check is above the maximum dollar amount then the check is rejected and vendor doesn't get paid. It is essential that all individuals creating food packages reference this document when creating food packages. We recently have had a large number of checks rejected by the bank due to over issuance on an FI. We have been working hard to continuously keep this document up to date and have it posted on the WIC website for easy access and printing. For the latest version of this document posted on December 22, 2009 go to [www.idph.state.ia.us/wic/agencies.asp](http://www.idph.state.ia.us/wic/agencies.asp).*

#### **Vehicles for WIC Agency Staff**

*In 2009, thirteen local Iowa WIC agencies purchased eighteen vehicles totaling \$460,333. The vehicles are used to transport local WIC agency staff to WIC clinics throughout Iowa. The direct purchase of these vehicles will save the Iowa WIC program an estimated \$500,000 in transportation costs over the next five years. The funding for these vehicles was made possible by the USDA-FNS WIC program.*

## **Resources**

### **It's Never Too Early: Feeding Your Baby Well DVD**

*Public Health Solutions developed these DVDs in English/Spanish, English/Mandarin, and English/Creole/French to provide language appropriate information about childhood obesity prevention measures. The information is presented in four sections — the first 6 months, 6-12 months, 12-18 months, 18-24 months, and a summary section. Featuring WIC families with young children, the key messages include breastfeeding is best, stop feeding when baby gives signs of being full, do not force baby to eat, all children need good role models, don't overfeed with juice and milk, plan snacks ahead, and do not use food as a reward. Each segment ends with several feeding "do's and don'ts" related to the age and developmental stage. The program effectively presents two key messages: 1) unhealthy habits may lead to obesity which in turn can lead to hypertension and diabetes, and 2) a healthy diet is important for mental and physical development. Produced in November 2007, the DVDs were distributed to families to keep and view at home. For more information, please visit this Web site: [www.healthsolutions.org](http://www.healthsolutions.org) or contact Milton Washington at 646-619-6450 or by email at [mwashington@healthsolutions.org](mailto:mwashington@healthsolutions.org).*